

Marlborough Lunch Menu



Tuesday 8th - Friday 12th May 2017

Monday Meat Free	1	Jacket Potatoes Served hot with fresh homemade coleslaw, organic baked beans, seasonal veg and 'help yourself' Cornish cheddar and butter	V DF*
	2	Tomato and sesame soup Smooth and rich tomato and tahini soup, served with Stones bread and raw veg sticks to dunk.	V DF <u>V</u>
Tuesday	1	Lamb, tomato and coconut curry Slow cooked lamb shoulder in rich but mild curry sauce, served with organic brown rice, natural yoghurt and seasonal veggies.	DF V* <u>V*</u>
	2	Cornish Brie and asparagus tart Our handmade flaky pastry topped with cherry tomato, local asparagus and brie, served with a mix of salads of the buffet bar.	V
Wednesday	1	Fishcakes in spiced tomato sauce Cornish pollock fishcakes, served hot in mildly spiced tomato sauce, served with seeded wholewheat couscous and seasonal veggies	DF*
	2	Egg mayo sandwiches Fresh free range egg mayo with cress on Stones Wholemeal tin loaf, with a range of salads on the buffet bar	V <u>V*</u> (falafels, hummus)
Thursday	1	Beef Keema Mildly spiced organic beef mince, carrot and peas served with Indian style roast potatoes and seasonal veggies.	DF
	2	Spaghetti with lentil Bolognese Our vegan lentils in tomato and herb sauce served on organic spaghetti with seasonal veggies and Cornish cheddar.	V DF <u>V</u>
Friday	1	Turkey and wild garlic burgers Fresh made turkey mince and nut free wild garlic pesto burgers in Stones buns with sweet potato wedges and seasonal veggies	DF*
	2	Beetroot and halloumi burgers Handmade veggie burgers in Stones buns with sweet potato wedges and seasonal veggies	V
	3	Niçoise salad (tuna optional) Yummy French style salad of Cornish new potatoes, green beans, olives, tomato, boiled egg and optional flaked tuna. Served with Stones bread on the buffet bar.	V* DF* <u>V*</u>

Sometimes our seasonal veg is steamed, sometimes roast, sometimes stir fried, but we decide on it the day before to make sure we can make the most of what's best value and available locally or more further afield. Same goes for our salads, we choose them the day before but ensure there's always a good mix of simple and more adventurous, light and more filling.

V/V*	Vegetarian (including no fish) or can be made veggie on request if starred
DF/DF*	Dairy free (including no eggs) or can be made dairy free on request if starred
V/ <u>V*</u>	Naturally vegan or can be made vegan on request if starred

Use the above key to choose options in regards to dietary requirements, ensuring the school know about all allergies and restrictions. If in doubt, please don't hesitate to ask for advice in the school office.